

MAY 2022**JACKSON COUNTY SENIOR CENTER****ONGOING ACTIVITIES** updated 4/26/22

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
2	3 ^12pm Wellness Seminar Managing Arthritis Heritage Rm No Gentle Chair Yoga	4 No Yoga for Seniors	5 \$^10am Greeting Cards w/Toni Rm 125	6 No Spin Cycle today 10am Book Club Rm 129 "The Nickel Boys" by Colson Whitehead
9 ^10am VAYA Bi-Polar Disorder Board Room 137 & Virtual. Caregiver Ed. ^2:30pm Ski Walking Seminar Rm 134	10 10am Blood Pressure Checks Lobby	11	12 No Grief Support this month 3pm Parkinson's Support Group Rm 135	13 10am-12pm Clip & Snip Paper Crafts Rm 125
16 No AFEP today	17 No AFEP today	18 Ping Pong Open Play 11am-12pm Rm 135	19 \$^10am Home Decor w/Toni Rm 125 No AFEP today Ping Pong Open Play 1-2pm Rm 135	20 No AFEP today Ping Pong Open Play 3-4pm Rm 135
23 \$^9:30am-3pm Basket Making Rm 125	24	25	26	27 10am-12pm Clip & Snip Paper Crafts Rm 125
30 Department on Aging is closed for Memorial Day Holiday	31 \$^Trip to NC Arboretum Leave Sylva at 9am	*Note: this calendar is subject to change. Please find the most current calendar at MyActiveCenter.com and to browse and register for activities. You can also pay activity fees at MyActiveCenter.com . Please remember to check in at the kiosk when you attend any activity at the Department on Aging Senior Center		

Monday:

9:00 Men's Coffee Rm135
10:00 Mahjong Rm122
11:00 Stretch & StrengthenRm134
and virtual
12:00 Hand & Foot Rm129
1:00 AFEP Rm134
2:30 Walk With Ease Rm134

Tuesday:

9:30 Spin Cycle Outside
9:30 Virtual Tai Chi
10:00 Writing Group Rm129
10:30 Line Dancing Rm134
12:30 Bridge Group Rm135
1:00 Chess Rm129
1:00 AFEP Rm134
2:30 Gentle Chair Yoga Rm134

Wednesday:

9:00 Carolina Quilters Rm125
9:30 Spin Cycle Outside
10:00 Goldenaires Rm122
11:00 Stretch & StrengthenRm134
and virtual

12:00 Hand & Foot Rm129
1:00 Virtual Zumba Gold
2:30 Yoga for Seniors Rm134

Thursday:

9:30 Virtual Tai Chi
1:00 AFEP Rm134
2:30 Walk With Ease Rm134

Friday:

9:30 Spin Cycle Outside
9:30 Basic Line Dancing Rm134
10:30 Line Dancing Rm134
12:30 Zumba Gold Rm134
1:30 Pound Fitness Rm134
3:00 AFEP Rm134

DROP IN ACTIVITIES (FCFS)

Billiards, Coffee, Computer Lab, Fit Lab, Games, Library, Music, Open Craft Room, Walking, Ping-Pong, Puzzles, Self-Check Blood Pressure, Spin Cycle.

Department on Aging ♦ 100 County Services Park, Sylva NC 28779 ♦ A Senior Center serving participants ages 50 or better!

^ = pre-registration required for attendance!!!
If no one is signed up, the class will be cancelled.
\$ = Prepaid fee required
AFEP = Arthritis Foundation Exercise Program

* = Series
FCFS = First Come, First Served
Please visit your portal at MyActiveCenter.com
or call the front desk at (828) 586-5494 to register.